

BRUNSWICK COUNTY PARKS AND RECREATION



NEWSLETTER WINTER/SPRING 2012/2013

WWW.BRUNSWICKCOUNTYNC.GOV

PHONE: 910-253-2670

Complete Information about Brunswick County Recreation Opportunities, including Golf, Athletics, Special Populations Programs, Community Events and MORE!

Wellness/Fitness Scene for 2013

Couch to 5K

The Brunswick County Active Living Committee and Brunswick County Parks & Recreation are releasing a New Year Fitness Program! This program will focus on increasing/maintaining your physical activity level. We will be training to participate in the Lucky Leprechaun 5K over a span of 9 weeks (beginning January 14th).

Log in to our team page at www.LiveFitCapeFear.org where you will see a description of the program, weekly raffle prizes and training programs. The "Couch to 5K" training program will literally take you from being sedentary (no regular exercise) to being able to participate in the Lucky Leprechaun 5K! Choose from 3 training programs. **Beginner Program-** designed for those who can already run 1 mile and want to work up to a 5K distance (3.2 miles). **Walking Program-** for those who wish to walk the 5K. **Wogging Program-** a combo of walking/jogging. To get started, visit our group page at www.LiveFitCapeFear.org and download the training program of your choice. After you log in to your Live Fit Cape Fear account, click on "Couch to 5K" under "Group Journals" in the left menu bar to see the program description and links to all training programs. For more information, contact Ruthie McHugh at 910-253-2583 or email: rmchugh@brunscoco.net



Lucky Leprechaun 5K

Saturday, March 16, 2013
The Winds Beach Resort
Ocean Isle Beach

8am Registration
9am Shotgun Start

This will be a celebratory holiday event! Race participants are encouraged to dress in St. Patrick's Day apparel (ie: derby hats, leprechaun beards, fun socks, etc.). Race will begin/end in front of The Winds Beach Resort (310 E. 1st St.).

This race is great fun for the whole family!

Walkers may even bring their canine companions.

Proceeds from the race will provide scholarships to low income youth and adults for participation in Brunswick County Parks and Recreation Programs.

Couch to 5K Program participants is \$15 until February 23rd.

Early Bird registration is \$20 until February 23rd.

On-line registration ends March 13th. On-site registration is \$25.

*T-shirts are only guaranteed to those who register by February 23rd.

The Winds Beach Resort (<http://thewinds.com/>) will be offering discounted room rates to all race participants. To reserve your room or for more information call 800-334-3581. To register visit: <http://www.brunswickcountync.gov/Departments/CommunityServices/ParksandRecreation.aspx>

For more information, contact Ruthie McHugh at 910-253-2583

Little Princess Ball



Saturday, February 9, 2013

3:00pm until 5:00pm

Open to all girls

Kindergarten through Fifth Grade

& Adult Male Escort

\$10/person

Two Locations: Choose the one most convenient for you!

Brunswick Center at Southport

1513 N. Howe Street, Southport

South Brunswick Island Center

9400 Ocean Highway 17 W, Calabash



BRING YOUR CAMERA

- ◆ Enjoy dancing, crafts, face painting and more.
- ◆ Take home your very own tiara and wand!
- ◆ Kid friendly snacks and refreshments provided.
- ◆ Little Princesses are encouraged to dress in a pretty dress, ball gown or their favorite princess costume.

Purchase Tickets January 14 - February 8 at the following locations:

Brunswick County Parks and Recreation - 69 Stamp Act Road, Bolivia • phone: 910-253-2670
<http://www.brunswickcountync.gov/Departments/CommunityServices/ParksandRecreation.aspx>
Communities in Schools - 8520 River Road SE, Southport (Progress Energy Media Bldg) • phone: 910-457-3494
<http://cisbrunswick.org/>
Space is limited. Payment due when registering. Tickets are location-specific and not interchangeable.

SPONSORED BY



**BRUNSWICK
COMMUNITY COLLEGE**



**FOR
RENT**



Did you know that Brunswick County has 7 community buildings located throughout the county that are available to rent for various events?

Not to mention that we now have 5 picnic shelters which can be reserved at many of our parks for birthday parties or picnics.

If you are interested in booking either a community building or a picnic shelter in your area for your family function or event, please call 910-253-2670.

Community Buildings can be reserved for as little as \$75 for 4 hours and picnic shelters can be rented for as little as \$25 for 4 hours.



Morry Watkins

**Morry Watkins
receives
Special Citation
Award at this
year's 2012
NCRPA State
Conference**

CONNECT!



www.facebook.com/pages/Brunswick-County-Parks-and-Recreation/140649510863



www.twitter.com/brunswickparks



www.brunswickcountync.gov/Departments/CommunityServices/ParksandRecreation.aspx

**STAY INFORMED! GET INVOLVED!
BRUNSWICK COUNTY PARKS and RECREATION
SOCIAL MEDIA!**



Morry Watkins has been a devoted citizen advocate for Brunswick County Parks and Recreation serving more than 3 decades on the Brunswick County Parks and Recreation Advisory Board Committee giving of his time, energy, knowledge and heart. He was appointed to the board in 1980 serving as Chair and

Vice Chair throughout the years. A member of NRPA and NCRPA for 24 years, he has represented North Carolina on the NRPA Southern Region Board for 10 years. When asked about his proudest accomplishment, he replied "I enjoyed being an active part of the Department's Comprehensive Plan in 2009 and most

recently serving on the steering committee for the \$5.2 million renovation master plan of Town Creek Park." his local district park. It is because of this great service that he was nominated and awarded the NCRPA Special Citation Award on November 12, 2012 at the annual State Conference. Brunswick County is thankful

that Morry was a part of our board for so many years steering Brunswick County Parks and Recreation for future generations. His advocacy, planning efforts, and relentless support of our department proves that he is and will always be an unspoken hero for parks and recreation county and statewide.

ADULT AND YOUTH SPRING ACTIVITIES

Brunswick County Spring Fitness Opportunities



YOGA
Location: Brunswick Center at Southport
1513 N. Howe St. Ste. 1 Southport, NC 28461
Dates: January 7, 2013 - April 3, 2013
Mondays: 6:30-7:45pm Wednesdays: 3:00-4:15pm
Fee: \$25/month for one class weekly or \$40/month for two classes weekly or \$10/drop-in

ZUMBA

Location: Body Dimension, Shallotte
Dates: January 3 - April 30, 2013
Tuesday/Thursday 8:00-9:00am
Fee: \$35/month or \$10/drop-in



AQUA ZUMBA

Location: Winds Beach Resort Club, OIB
Dates: January 2 - April 29, 2013
Monday/Wednesday 8:00-9:00am
Fee: \$35/month or \$10/drop-in



TOTAL BODY FUSION

Location: Lockwood Folly Community Building, Supply
Dates: January 3 - April 30, 2013
Tuesday/Thursday 6:00-7:00pm
Fee: \$30/month for one class or \$8/drop-in

WATER FITNESS CLASS

Location: The Winds Beach Resort~310 E. First St, OIB
Dates: January 2 - April 30, 2013
Class 1: Monday/Wednesday 9:30-10:30am
Class 2: Tuesday/Thursday 9:30-10:30am
Fee: 1 class \$30/month (2x/wk a month)
Fee: 2 classes \$45/month (4x/wk a month) or \$8/drop-in



WOMEN'S WEIGHT LOSS PROGRAM

Location: Bolivia Government Complex
Dates: January 24 - April 11, 2013
Thursdays 5:30-7:30pm
Fee: \$65/ per person

Mandatory private consultation required by January 18, 2013

Location: South Brunswick Island Center
Dates: January 22 - April 9, 2013
Tuesdays 5:30-7:30pm
Fee: \$65/ per person

For more information about any of these programs, please contact Ruthie McHugh at 910-253-2583 or rmchugh@brunswickcountyparks.com

2013 YOUTH ACTIVITIES

YOUTH TENNIS LESSONS

OIB & SMITHVILLE DISTRICT PARKS

LOCKWOOD FOLLY PARK

Mondays

Session 1: March 25 - April 29
Session 2: May 6 - June 10
*No Class Monday, May 27

Mondays

Session 1: April 1 - May 6
Session 2: May 13 - June 17
*No Class Monday, May 27

Ages and Times:

4-7 yrs: 3:30-4:30pm
8-10 yrs: 4:30-5:30pm
10-14 yrs: 5:30-6:30pm

PRE-REGISTRATION REQUIRED

Fee: \$65/per person



Young Champions

THURSDAYS

January 24 - May 23
Leland 5th District Building, Room 4

SKILL LEVELS & TIMES

New Students
6:00 - 6:45pm
Returning Students:
6:45 - 7:45pm

FEE:

\$7/per week, plus a one-time \$8 registration fee.
Registration 30 minutes before class on January 24, 2013

To register or for more information call: 1-877-313-6893

Starting Soon!!



2013 Brunswick County Youth Cheerleading Registration!

BABYSITTER TRAINING

SATURDAY

DATES & LOCATIONS:

January 26: Bolivia Government Complex
February 9: Town Creek Com. Bldg
February 23: Lockwood Folly Com. Bldg
March 2: Leland 5th District Com. Bldg

TIME: 9:00am - 3:30pm

FOR AGES: 11 - 15 Years Old

CLASS FEE: \$40/class

PRE-REGISTRATION REQUIRED



For information on these programs or to register, please contact:
Ruthie at 253-2583 or email: rmchugh@brunswickcountyparks.com

BRUNSWICK COUNTY DIXIE SOFTBALL

BELLES AND DEBS REGISTRATION REGISTER DECEMBER 3RD - FEBRUARY 25TH

8:30 a.m. till 5:00 p.m. Monday - Friday. Building M Government Complex

Dixie Belles 13-15 years old

Anyone whose sixteenth (16th) birthday falls on or after JANUARY 1st of 2013 shall be eligible to compete in and complete the current Dixie Belles season.

Dixie DEBS 16-19 years old

Anyone whose Nineteenth (19th) birthday falls on or after JANUARY 1st of 2013 shall be eligible to compete in and complete the current Dixie DEBS season.

NEED A COPY OF BIRTH CERTIFICATE AND PARENT OR GUARDIAN TO REGISTER.

BIRTH CERTIFICATE IS MANDATORY

REGISTRATION FEE IS \$50.00

STATE CHAMPIONS



CONTACT PERSON - BRIAN MOORE
910.253.2670 or bmoore@brunswickcountyparks.com
mail to:
BRUNSWICK COUNTY PARKS & RECREATION
P.O. BOX 249-BOLIVIA, N.C. 28422
FAX - 910.253.2684
www.brunswickcountyparks.com



2013 SPRING FLING TENNIS TOURNAMENT



ADULT TENNIS TOURNAMENT

SATURDAY, APRIL 6, 2013

9:00am-2:00pm

Early Bird Fees:

Ages: 18 + Singles Fee: \$15

Century Doubles Fee: \$25

Same Gender and Mixed Doubles Fee: \$25

Rain Date: Sunday, April 7, 2013

YOUTH TENNIS TOURNAMENT

SATURDAY, APRIL 20, 2013

9:00am-2:00pm

Early Bird Fees: \$15/age group per match

Age Groups & Gender:

Co-Ed. 8 & younger

Co-Ed. 10 & younger

Co-Ed. 12 & younger

Age Groups & Gender:

Girls: 14 & younger

Girls: 16 & younger

Girls: 18 & younger

Age Groups & Gender:

Boys: 14 & younger

Boys: 16 & younger

Boys: 18 & younger

Rain Date: Sunday, April 21, 2013

Proceeds from the tournaments will fund a back board for OIB Park

For information or to register, please contact Ruthie McHugh at 253-2583 or email: rmchugh@brunswickcountyparks.com

BRUNSWICK COUNTY DIXIE BOYS BASEBALL REGISTRATION

REGISTER DECEMBER 1ST - MARCH 2ND

8:30 a.m. till 5:00 p.m. Monday - Friday. Building M Government Complex

ANY PLAYER WHOSE 13TH BIRTHDAY FALLS BEFORE MAY 1ST 2012 AND ANY PLAYER WHOSE 15TH BIRTHDAY FALLS ON OR AFTER MAY 1ST 2013 IS ELIGIBLE TO COMPLETE. NEED A COPY OF BIRTH CERTIFICATE AND PARENT OR GUARDIAN TO REGISTER.

BIRTH CERTIFICATE IS MANDATORY
REGISTRATION FEE IS \$50.00

STATE CHAMPIONS

JUNIOR DIXIE BOYS

2006 - 2008 - 2011 - 2012

DIXIE BOYS

2007 - 2009 - 2010 - 2011



CONTACT PERSON - BRIAN MOORE
910.253.2670 or bmoore@brunswickcountyparks.com
mail to:
BRUNSWICK COUNTY PARKS & RECREATION
P.O. BOX 249-BOLIVIA, N.C. 28422
FAX - 910.253.2684
www.brunswickcountyparks.com



BRUNSWICK COUNTY DIXIE PRE-MAJORS BASEBALL REGISTRATION

REGISTER DECEMBER 1ST - MARCH 2ND

8:30 a.m. till 5:00 p.m. Monday - Friday. Building M Government Complex

ANY PLAYER WHOSE 13TH BIRTHDAY FALLS BEFORE MAY 1ST 2012 AND ANY PLAYER WHOSE 15TH BIRTHDAY FALLS ON OR AFTER MAY 1ST 2013 IS ELIGIBLE TO COMPLETE. NEED A COPY OF BIRTH CERTIFICATE AND PARENT OR GUARDIAN TO REGISTER.

BIRTH CERTIFICATE IS MANDATORY
REGISTRATION FEE IS \$50.00

STATE CHAMPIONS

JUNIOR DIXIE BOYS

2006 - 2008 - 2011 - 2012

DIXIE BOYS

2007 - 2009 - 2010 - 2011



CONTACT PERSON - AARON PERKINS
910.253.2670 or aperkins@brunswickcountyparks.com
mail to:
BRUNSWICK COUNTY PARKS & RECREATION
P.O. BOX 249-BOLIVIA, N.C. 28422
FAX - 910.253.2684
www.brunswickcountyparks.com



ADULT AND SPECIAL POPULATIONS

SPECIAL OLYMPICS EVENT INFO: JANUARY – JUNE 2013

Special Olympics – January, 2013

- Adult Basketball Practice Begins (1/01/13)
- Adult Cheerleading Practice Begins (1/04/13)
- Adult Basketball Series, Chapel Hill, NC (1/05/13)
- SONC Winter Games, Alpine Skiing, Boone, NC (1/06-1/08/13)
- Adult & Youth Aquatics Practice Begins (Date & Location TBA)

Special Olympics – February, 2013

- Special Olympics Southeast Winter Games, Boone, NC (2/03/13)
- SONC Cheerleading Invitational, Reidsville, NC (2/09/13)
- Adult Basketball Practice Continues
- Adult Cheerleading Practice Continues
- Adult & Yout Aquatics Practice Continues

Special Olympics – March, 2013

- Adult & Youth Aquatics Practice Continues
- SONC Cheerleading Tournament, Charlotte, NC (3/09/13)
- SONC Eastern (Adult) Basketball Tournament, Location, Smithfield, NC (3/16/13)
- Special Olympics Multi-State Aquatics Meet, Raleigh, NC (3/23/13)

Special Olympics – April, 2013

- Adult Softball Practice Begins (4/01/13)
- Adult Track/Field Practice Begins (4/02/13)
- Aquatics Qualifier, Hillsborough, NC (4/13/13)
- SONC Eastern Softball Qualifier, Wilmington, NC (4/13/13)
- Local Spring Games, Town Creek Park, NC (4/26/13)

Special Olympics – May, 2013

- Softball, Track & Field & Aquatics Practice Continues
- Track/Field Qualifier, Fayetteville, NC (4/04/13)
- SONC Summer Games, Raleigh, NC (5/31 - 6/02/13)

Spring Adult Dance Lessons

Square Dance Lessons

Shallotte Middle School
Fridays from 6:00-8:30pm
January 4 - February 22, 2013
Fee: \$80/per couple/per part
Pre-registration required



Square Dance Lessons

Town Creek Community Building
Thursdays from 1:30-3:30pm
January 10 - April 25, 2013
Fee: \$80/per couple/per part
Pre-registration required

Square Dance Plus Club

Town Creek Park Community Building
Mondays from 7:00-9:00pm
Starting January 7 - May 20, 2013
Pre-registration required

Shag Dance Lessons

Brunswick Center at Southport
Tuesdays
January 29 - March 12, 2013
Beginners: 6:00-7:00pm
Intermediate: 7:00-8:00pm
Fee: \$60/per person
Pre-registration required by January 25

Shag Dance Lessons

South Brunswick Island Center
Tuesdays
January 8 - February 12, 2013
Beginners: 6:00-7:00pm
Intermediate: 7:00-8:00pm
Fee: \$60/per person
Pre-registration required by January 4, 2013

Dance Like a Star
Couples Dance Lessons
South Brunswick Island Center
Tuesdays
February 19 - March 26, 2013
Fee: \$60/person



**Limited Space and
pre-registration is required
for all dance lessons.**

**For more information or to
register, please call Ruthie McHugh at
910-253-2583
or email rmchugh@brunsc.net**

2013 SPRING TENNIS YOUTH TENNIS

Ocean Isle Beach Park	Lockwood Folly Park	Smithville District Park
6483 Old Georgetown Rd, OIB Mondays Session 1: March 25 - April 29 Session 2: May 6 - June 10 * No Class Monday, May 27 Ages and Times: 4-7 yrs: 3:30-4:30pm 8-10 yrs: 4:30-5:30pm 10-14 yrs: 5:30-6:30pm Fee: \$65/per person	430 Green Swamp Rd, Supply Mondays Session 1: April 1 - May 6 Session 2: May 13 - June 17 * No Class Monday, May 27 Ages and Times: 4-7 yrs: 3:30-4:30pm 8-10 yrs: 4:30-5:30pm 10-14 yrs: 5:30-6:30pm Fee: \$65/per person	8340 River Road S.E. Southport Mondays Session 1: March 25 - April 29 Session 2: May 6 - June 10 * No Class Monday, May 27 Ages and Times: 4-7 yrs: 3:30-4:30pm 8-10 yrs: 4:30-5:30pm 10-14 yrs: 5:30-6:30pm Fee: \$65/per person

ADULT TENNIS

Ocean Isle Beach Park	Lockwood Folly Park	Smithville District Park
6483 Old Georgetown Rd, OIB Wednesdays Session 1: March 27 - May 1 Session 2: May 8 - June 12 Skill Levels & Times: Beginner: 5:30-6:30pm Intermediate: 6:45-7:45pm Fee: \$65/per person	430 Green Swamp Rd, Supply Tuesdays Session 1: April 2 - May 7 Session 2: May 14 - June 18 Skill Levels & Times: Beginner: 5:30-6:30pm Intermediate: 6:45-7:45pm Fee: \$65/per person	8340 River Road S.E. Southport Wednesdays Session 1: March 27 - May 1 Session 2: May 8 - June 12 Skill Levels & Times: Beginner: 5:30-6:30pm Intermediate: 6:45-7:45pm Fee: \$65/per person

Private Lessons Available
\$30/hr private rate
Semi-private group lessons
\$40 for 3 people
\$5/ each additional person per group

Pre-registration required for all tennis lessons. For more information, please call Ruthie McHugh at 910-253-2583 or email rmchugh@brunsc.net



DAY TRIPS

**OPEN TO
EVERYBODY!**

**New Trips
Available!**

EXPLORE

TOUR

Call for an updated
brochure or visit our
website to find
your next
adventure.

OVERNIGHT TRIPS

Call (910) 791-0554 to register.

All participants will meet in Bolivia for pick-up at the Brunswick Co. Courthouse Parking Lot or in Leland at the Comfort Suites Hotel.

Sponsored by:



JOURNEY

SPECIAL POPULATIONS

Special Populations On-Going Programs Club R.E.C.



**Special Olympics
North Carolina**

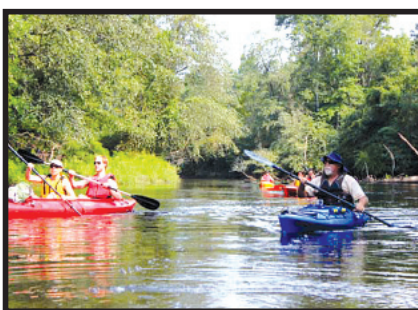
Club R.E.C. (Recreation+Education+Culture) meets on Tuesday and Thursday evenings from 5:15-6:15pm at the Town Creek Park Community Building or at a designated offsite location. Club R.E.C. is open to Brunswick County residents who have a diagnosed intellectual disability and who qualify for mental health services. Activities are free although transportation is generally not included. For monthly activity schedule contact Brunswick County Parks and Recreation. Activities and events vary by week.

- Crafts, Games, Music & Socials
- Special Events-Guest Speakers, Performers, etc.
- Movie Night, Bowling Night, Holiday Suppers
- Community Field Trips

We Also Offer:

**Community-Based Day Trips • Therapeutic Horseback Riding
Therapeutic Music & Dance • Fishing & Nature Programs**

KAYAK



Sturgeon Creek / Eagle Island Kayaking Adventure!

Date: Saturday, March 23, 2013

Sturgeon Creek and Eagle Island are just minutes away from the Town of Leland and offer great chances to view wildlife in their natural habitat. Eagle Island lies in the confluence of the Cape Fear and Brunswick Rivers in southeastern NC in the Lower Cape Fear River Basin. Eagle Island consists of approximately 2,100 acres situated between Wilmington and Leland. This adventure is an easy 5.5 mile kayaking adventure that is timed to take

advantage of the falling tides, allowing you to paddle with the outgoing tide. You will get a chance to see view the beauty of Sturgeon Creek and Eagle Island from a kayak. This adventure should take no longer than 3 hours from the time we leave the Sturgeon Creek Landing.

We will meet at the Brunswick River Road Boat Ramp in front of Belville Elementary school at 8:00 am to car pool about 10 minutes to the launch site in Leland. This is a half-day adventure so plan on being back around 12:00 pm. Come dressed for fun and adventure along the river!

Cost per person: \$35.00

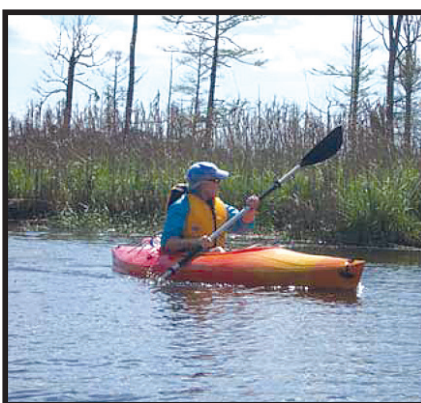
Spring Kayaking Adventure on the Black River!

Date: April 13, 2013

The Black River is a popular paddling destination for local kayakers who are interested in exploring the natural beauty of Eastern North Carolina's woodlands. The Black River is also popular because of its numerous sandbars found along the banks and sandy bottoms. These sand bars are wonderful locations to pull over for a quick rest or even for a relaxing lunch on the beautiful river. This river's blackwater swamps contain some of the oldest known living trees in eastern North America. Many wildlife species inhabit the river's floodplain, including turkey, deer, bobcat, river otter, black bear and more. Although we can never guarantee that you will see lots of wildlife on this river, the possibility is always there. Plan to bring a sack lunch and enjoy a picnic along this beautiful river. Although this is an 8 mile adventure, plan on enjoying a full day of adventures.

Cost per person: \$60.00

for the FUN of it!



Sunset Kayaking Adventure!

Date: May 17, 2013

Enjoy a spectacular Sunset Kayaking Adventure on the Cape Fear River. You will spend an evening of kayaking on the river viewing birds and other wildlife of the region. Enjoy a spectacular sunset from Keg Island as you enjoy a picnic meal. What better way to start a weekend than viewing the wonderful sunset with family and friends! After enjoying your picnic on a beach of Keg Island we will paddle a short distance back to the boat ramp at River Road Park arriving just as the sun is setting. Make sure to bring your camera! We will meet at the River Road Park pavillion at 5:00 pm. Plan on bringing a picnic lunch to enjoy on Keg Island.

Cost per person: \$40.00

donlharty@gmail.com
www.mahanaimadventures.com
www.facebook.com/mahanaimadventures

FOR MORE INFO
Contact Don Harty
(910) 547-8252

**mahanaim
adventures**

55+ PROGRAMS

SPIKE UP YOUR LIFE! with CO-ED VOLLEYBALL!



Renew old skills
OR learn new ones—
Come join the FUN!

“Open Play” Co-Ed Volleyball for 55+
Mondays 10:15 am – 12 pm
FREE/Ongoing

Dinah E. Gore Fitness & Aquatics Center
(BCC-Supply Campus)



For more information call
910-253-2677 or 910-846-BFIT (2348)

Become a member of the
Brunswick County Senior Games
Gator & Gatorettes Cheer Team



**WE ARE LOOKING FOR
A FEW GOOD GATORS!**

Brunswick County Parks and Recreation is accepting new members
for the 55+ Cheerleading Team. Team is open to women and men who
are residents of Brunswick County. Team practices weekly, performs
throughout the area and competes in local/state competition.

ORIENTATION/INTEREST MEETING

1/8/13–1:00 pm/Dinah E. Gore Fitness & Aquatics Center
Brunswick Community College (Group Exercise Room)

Commit to being part of this winning team!



**2010, 2011 & 2012
NC State Finals
BRONZE medalists!**



For more info please call
Khrystye Haselden at
910-253-2670 or email
khaselden@brunsc.net

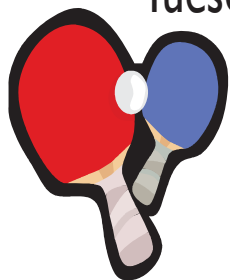


GET ACTIVE!

Renew old skills OR learn new ones—Come join the FUN!

SILVER PADDLES

“Open Play” Table Tennis for 50+
Tuesdays 1 pm – 3 pm
FREE



Brunswick Center at Southport
1513 N. Howe Street
(behind Wingate Inn)
Ongoing



910-454-0583 or
910-253-2677



Brunswick Senior Resources, Inc.
Making a Difference



SilverSneakers is now offered at the Dinah E. Gore Fitness & Aquatics
Center at Brunswick Community College! What is SilverSneakers?
Silver Sneakers is a fun, energizing program that helps adults 65+
take greater control of their health by encouraging physical activity and
offering social events. SilverSneakers is a benefit offered to members
of many Medicare plans across the U.S. If you are part of a Medicare
health plan or if you are a group retiree you may already have the
SilverSneakers benefit. Eligible participants receive a FREE membership
to the Fitness & Aquatics Center. Other benefits include:

- customized SilverSneakers classes designed exclusively for adults age 65+ who want to improve their strength, flexibility, balance and endurance
- assistance from specially trained staff to begin an exercise routine and get familiar with exercise equipment
- health education seminars and other events that promote the benefits of a healthy lifestyle
- member-only access to online support that can help you lose weight, quit smoking or reduce your stress

Call the Dinah E. Gore Fitness &
Aquatics Center (910) 846-BFIT
(2348) for more information or visit
the SilverSneakers website at
www.silversneakers.com.



Brunswick County Gator Senior Games & SilverArts

April 3 - May 10, 2013

Deadline to register is March 6, 2013

What is Brunswick Co Gator Senior Games & SilverArts?

Gator Sr Games is much more
than friendly competition in athletics
and arts. People 55 and older can
participate, stay active, renew old
skills, learn new ones and exercise
a positive outlook on life. It is a fun
and healthy approach to keeping
the body, mind and spirit fit while
enjoying the company of friends,
family, spectators and volunteers.
You can choose from over 80 events
to compete in including golf, bowling,
swimming, bocce, table tennis,
basketball, shuffleboard, walking and
horseshoes. Brunswick County Gator

Sr Games also offers competition in
SilverArts, which includes all heritage,
literary, visual and performing arts.
Qualifiers in Brunswick County
Gator Senior Games are invited
to compete each Fall in NC State
Finals. Brunswick County Gator
Senior Games is sanctioned by North
Carolina Senior Games and one
of 54 local Senior Games offered
statewide by the NC Division of
Aging and Adult Services. For more
information on NC Senior Games
visit www.ncseniorgames.org.

Entry fee includes:

- * Senior Games T-shirt
- * Opening Ceremonies Lunch
- * New Friends
- * Lots of Fun
- * SilverArts Showcase Reception & Performing Arts Show
- * Friendly Competition
- * Celebration Social & Medals Ceremony
- * Gator Pride

For more information call

Brunswick County Parks &
Recreation at 1-800-222-4790
or (910) 253-2670 or contact
Khrystye Haselden by
email khaselden@brunsc.net.

or download the
registration packet at
www.brunswickcountync.gov



25th Annual Brunswick County Gator Senior Games & SilverArts

is sponsored by:



Brunswick Senior Resources, Inc.
Making a Difference

2013 55+ GOLF

January 16	Wednesday	Thistle Golf	\$45
		9:00 Sign In 10:00 Shot Gun	
		Price includes cart fee, greens fee, cart attendants, refreshments & prizes.	
February 20	Wednesday	Cape Fear National Golf	\$45
		8:30 Sign In 9:30 Shot Gun	
		Price includes cart fee, greens fee, refreshments & prizes. Cart attendants tip is NOT included in price.	
March 20	Wednesday	Tiger's Eye at Ocean Ridge	\$45
		8:00 Sign In 9:00 Shot Gun	
		Price includes cart fee, greens fee, cart attendants, refreshments & prizes.	
April 25	Thursday	Oak Island Golf - Brunswick Gator Sr Games Qualifier	
		*For Brunswick Gator Senior Games participants only, Sr Games Registration Packet must be completed by 3/8/13 to play in this tournament. CALL 910-253-2670 FOR MORE INFO.	
May 22	Wednesday	Oak Island Golf	\$40
		8:00 Sign In 9:00 Shot Gun	
		Price includes cart fee, greens fee, cart attendants, refreshments & prizes.	
June 12	Wednesday	Players Club at St. James Plantation	\$45
		8:00 Sign In 9:00 Shot Gun	
		Price includes cart fee, greens fee, cart attendants, refreshments & prizes.	
July 17	Wednesday	The Lakes-SCRAMBLE/CAPTAIN'S CHOICE	\$28
		8:00 Sign In 9:00 Shot Gun	
		Price includes cart fee, greens fee, cart attendants & prizes. SEE WWW.BRUNSWICKCOUNTYNC.GOV FOR DETAILS	
August 20	Tuesday	Magnolia Greens Golf Plantation	\$40
		8:00 Sign In 9:00 Shot Gun	
		Price includes cart fee, greens fee, refreshments & prizes. Cart attendants tip is NOT included in price.	
September 24	Tuesday	Carolina National Golf Club	\$42
		8:00 Sign In 9:00 Shot Gun	
		Price includes cart fee, greens fee, refreshments & prizes. Cart attendants tip is NOT included in price.	
October 9	Wednesday	A Day of Golf at Bald Head Island	\$90
		Price includes ferry transportation, cart fee, greens fee, boxed lunch.	
		*MUST PRE-PAY & REGISTER BY 9/12/13. CALL 910-253-2670 FOR DETAILS.	
October 23	Wednesday	Lockwood Folly Golf	\$40
		8:00 Sign In 9:00 Shot Gun	
		Price includes cart fee, greens fee, cart attendants, refreshments & prizes.	
November 20	Wednesday	Crow Creek Golf	\$40
		8:00 Sign In 9:00 Shot Gun	
		Price includes cart fee, greens fee, refreshments & prizes. Cart attendants tip is NOT included in price.	
December 10	Tuesday	Rivers Edge Golf Club & Plantation	\$45
		8:30 Sign In 9:30 Shot Gun	
		Price includes cart fee, greens fee, refreshments & prizes. Cart attendants tip is NOT included in price.	

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www.brunswickcountync.gov (parks & rec)